

## GEP TIMETABLE 2020

### MONDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Legs, Tums & Bums	09:15 – 10:00	Sports Hall
tP4Spin	09:30 – 10:15	Kindred
Pilates	10:45 – 11:30	Kindred
Total Tone	18:00 – 18:45	Sports Hall
tP4Spin	18:15 – 19:00	Kindred
Yoga	19:30 – 20:15	Kindred

### TUESDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Barre	09:15 – 10:00	Sports Hall
tP4Spin	09:30 – 10:15	Kindred
Yoga	10:45 – 11:30	Kindred
Tabata	18:00 – 18:45	Sports Hall
tP4Spin	18:15 – 19:00	Kindred
Yoga	19:30 – 20:15	Kindred

### WEDNESDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
HIIT Crunch	09:15 – 10:00	Sports Hall
tP4Spin	09:30 – 10:15	Kindred
Stretch & Core	10:45 – 11:30	Kindred
HIIT	18:00 – 18:45	Sports Hall
tP4Spin	18:15 – 19:00	Kindred
Stretch & Core	19:30 – 20:15	Kindred

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### THURSDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
HIIT Crunch	09:15 – 10:00	Sports Hall
tP4Spin	09:30 – 10:15	Kindred
Fitness Pilates	10:45 – 11:30	Kindred
HIIT Crunch	18:00 – 18:45	Sports Hall
tP4Spin	18:15 – 19:00	Kindred
Fitness Pilates	19:30 – 20:15	Kindred

### FRIDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
Total Tone	09:15 – 10:00	Sports Hall
tP4Spin	09:30 – 10:15	Kindred
Yoga	10:45 – 11:30	Kindred
Total Tone	18:00 – 18:45	Sports Hall
tP4Spin	18:15 – 19:00	Kindred

### SATURDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
tP4Spin	09:30 – 10:15	Kindred
Lift Lean	10:45 – 11:30	Kindred

### SUNDAY

<u>Class</u>	<u>Time</u>	<u>Location</u>
tP4Spin	09:30 – 10:15	Kindred
Stretch & Core	10:45 – 11:30	Kindred

